

November 1-30, 2014

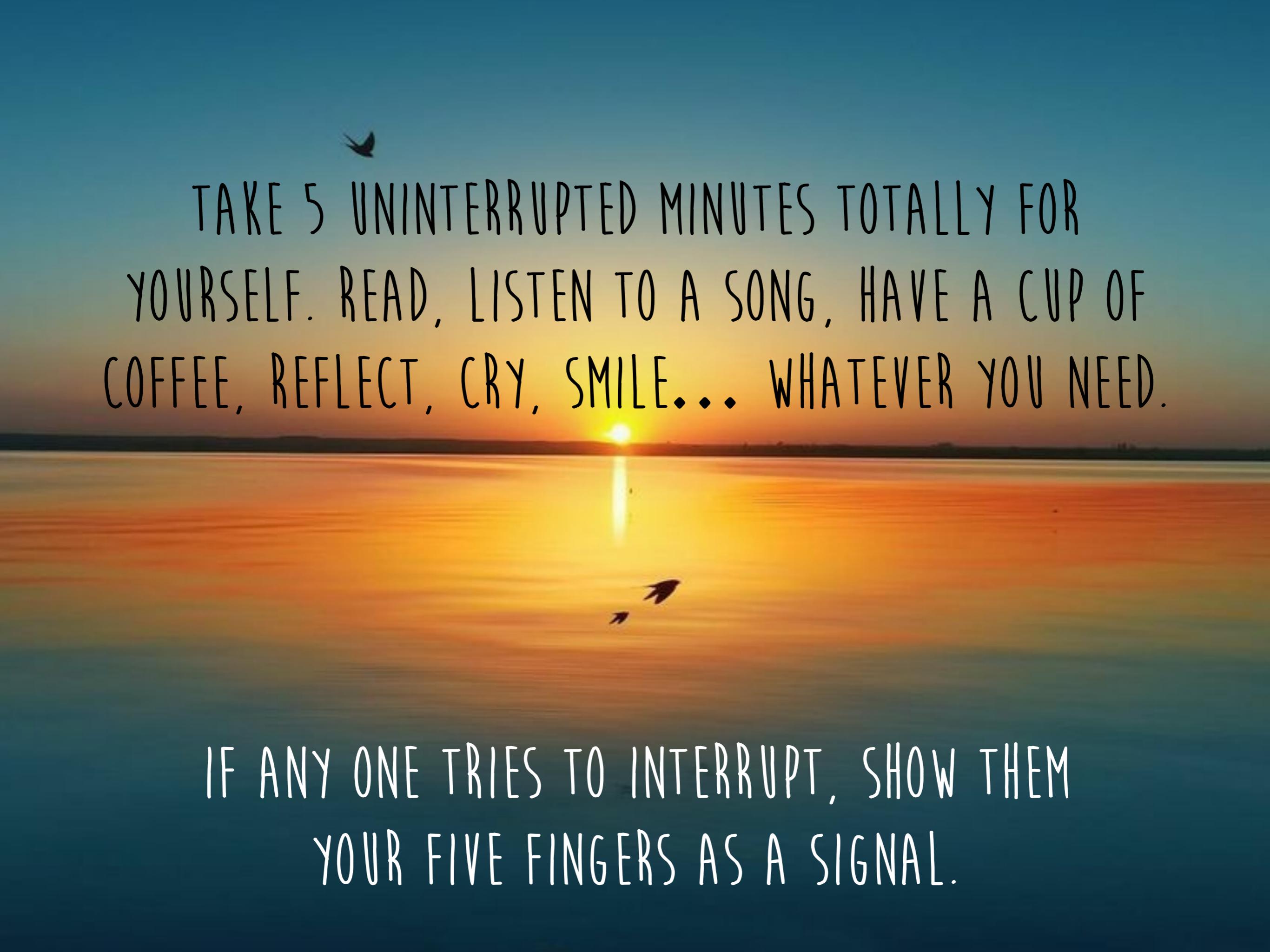


SUJA
micro
challenges

Send an email or
note of praise to
someone at
work who you
admire



- feel free to write it anonymously
- make someone else's day (and your own in the process!)
- remember, you have the power to make people feel more appreciated!

A photograph of a sunset or sunrise over a body of water. The sky is a gradient from deep blue at the top to warm orange and yellow near the horizon. Three small dark shapes, likely birds, are flying across the sky. The water reflects the colors of the sky.

TAKE 5 UNINTERRUPTED MINUTES TOTALLY FOR
YOURSELF. READ, LISTEN TO A SONG, HAVE A CUP OF
COFFEE, REFLECT, CRY, SMILE... WHATEVER YOU NEED.

IF ANY ONE TRIES TO INTERRUPT, SHOW THEM
YOUR FIVE FINGERS AS A SIGNAL.

The background of the image is a wide, calm ocean with a deep blue color. The horizon is visible in the distance. Above the horizon, the sky is a bright, clear blue with several wispy, white clouds scattered across it.

Leave 5 minutes early today. Spend
those extra 5 minutes doing
something you love outside of work.

Listen to
someone
you care
about
Without
interrupting,
judging OR
fixing FOR
5 minutes

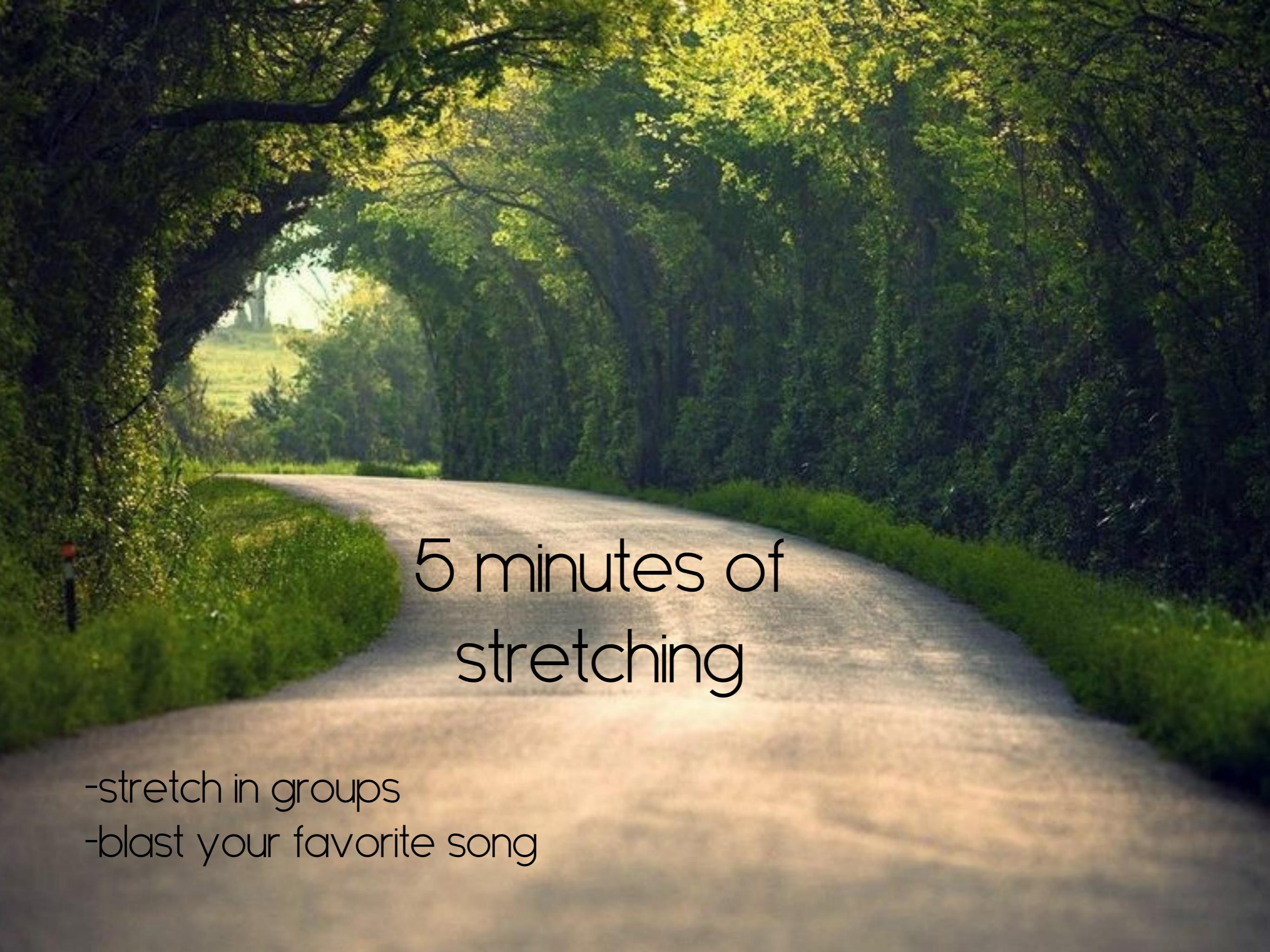
a little listening can go a long way.



floss

(your teeth)

- prevent heart disease
- keep your teeth looking good
- prevent teeth problems, save money!

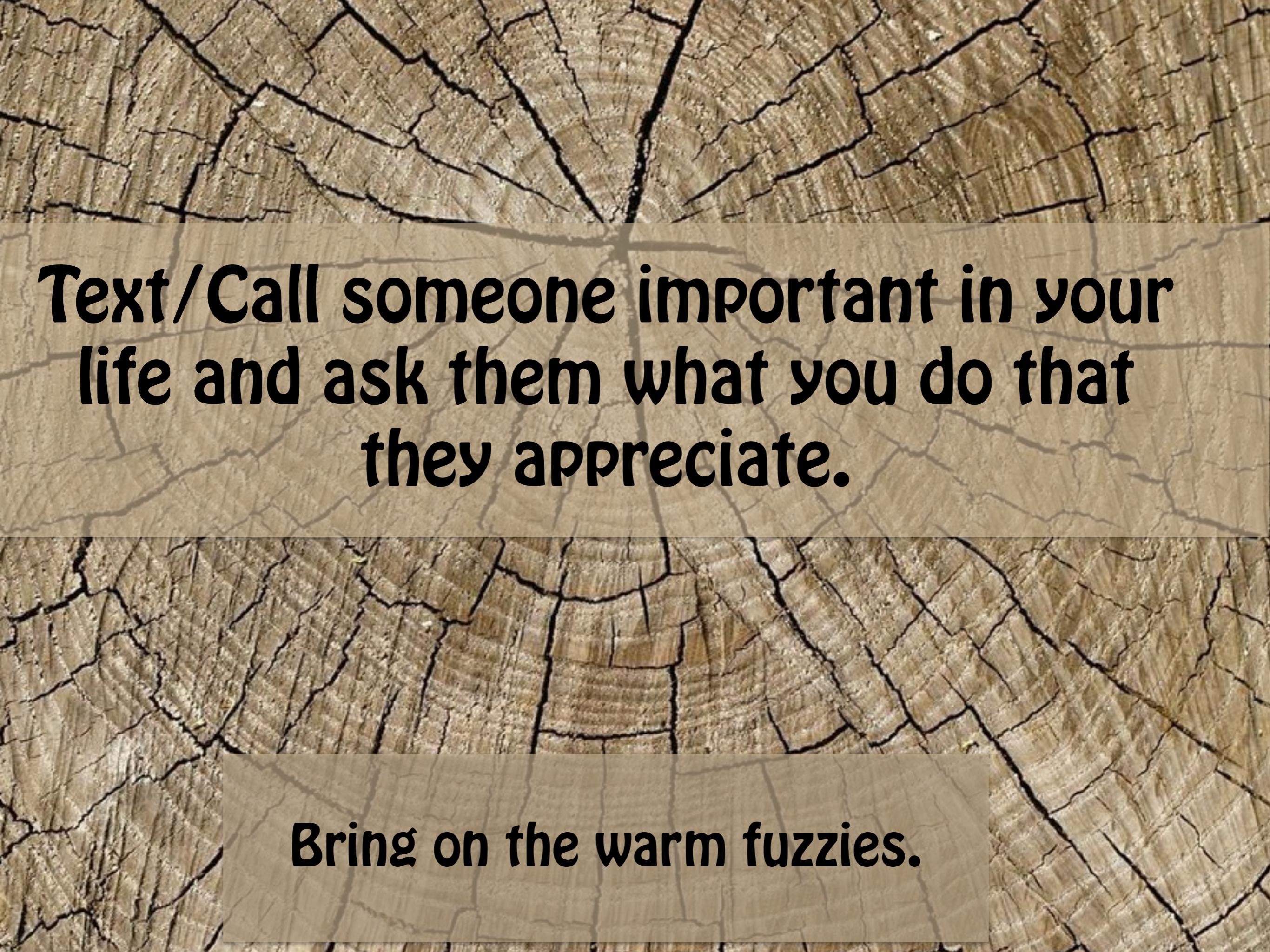
A photograph of a dirt path winding through a dense forest. Sunlight filters through the leaves of the trees, creating bright highlights on the path and the surrounding greenery. The path leads towards a bright opening in the distance.

5 minutes of stretching

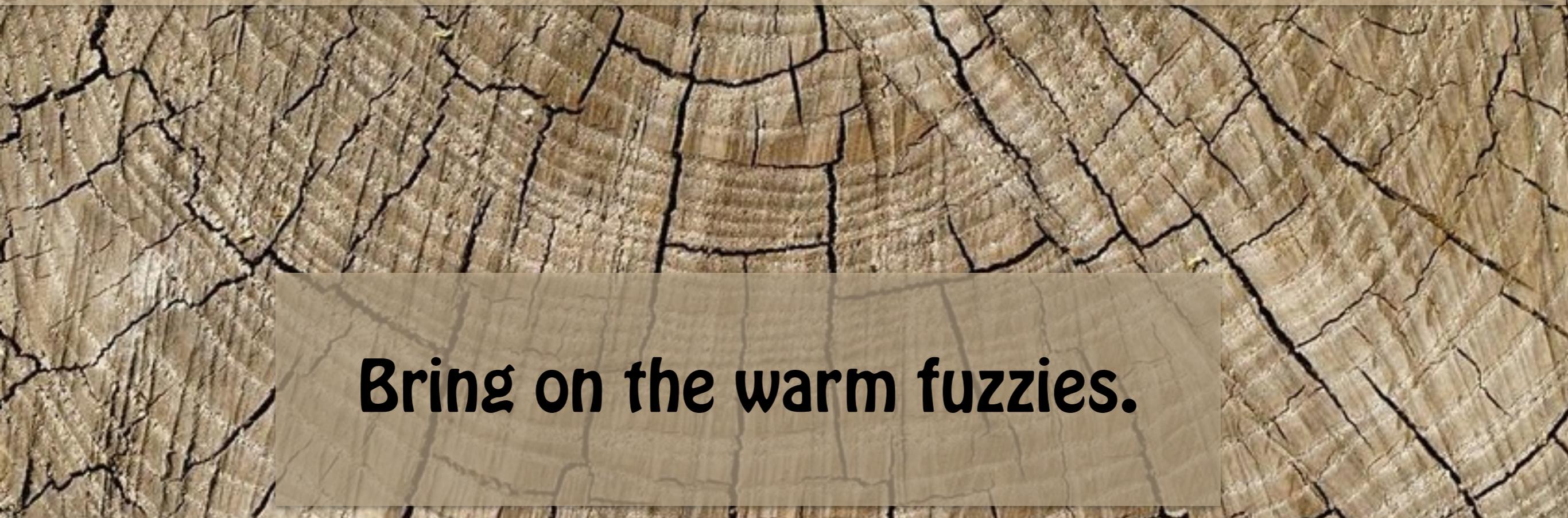
- stretch in groups
- blast your favorite song

Take a few minute break to play
your all-time favorite song for the
person sitting next to you.

(Optional Dance Party)



Text/Call someone important in your life and ask them what you do that they appreciate.



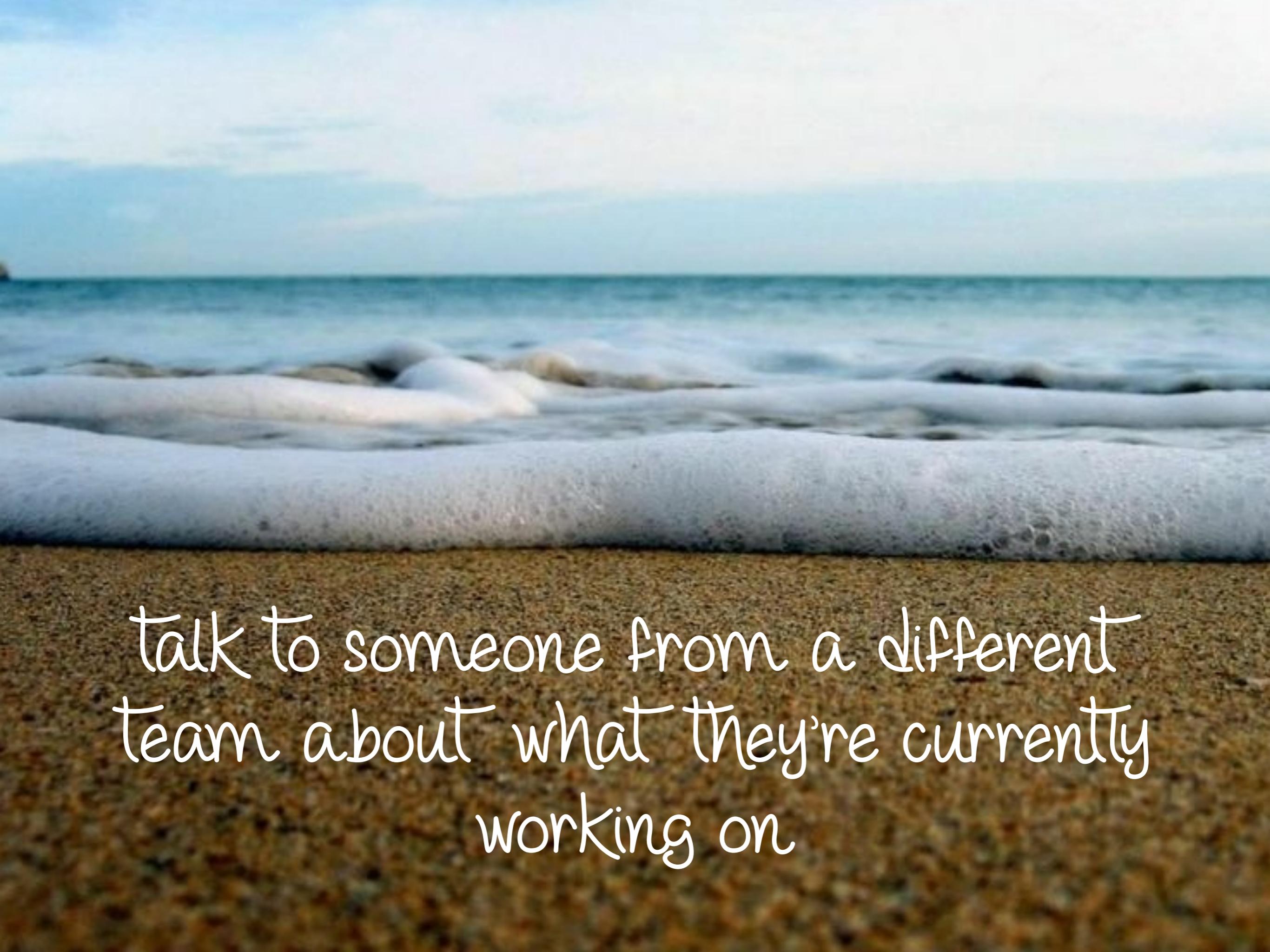
Bring on the warm fuzzies.



SCHEDULE YOUR
PERSONAL TIME INTO YOUR
WORK CALENDAR FOR THE
WEEK. NOW STICK TO YOUR
HOME/PERSONAL
COMMITMENTS!

*Take a walk
around the building
or around the block.*



A blurred photograph of a coastal scene. In the foreground, dark, textured ground covers the lower third of the frame. Above it, a series of white-capped waves break onto a light-colored sandy beach. The ocean extends to the horizon, and the sky above is filled with soft, out-of-focus clouds.

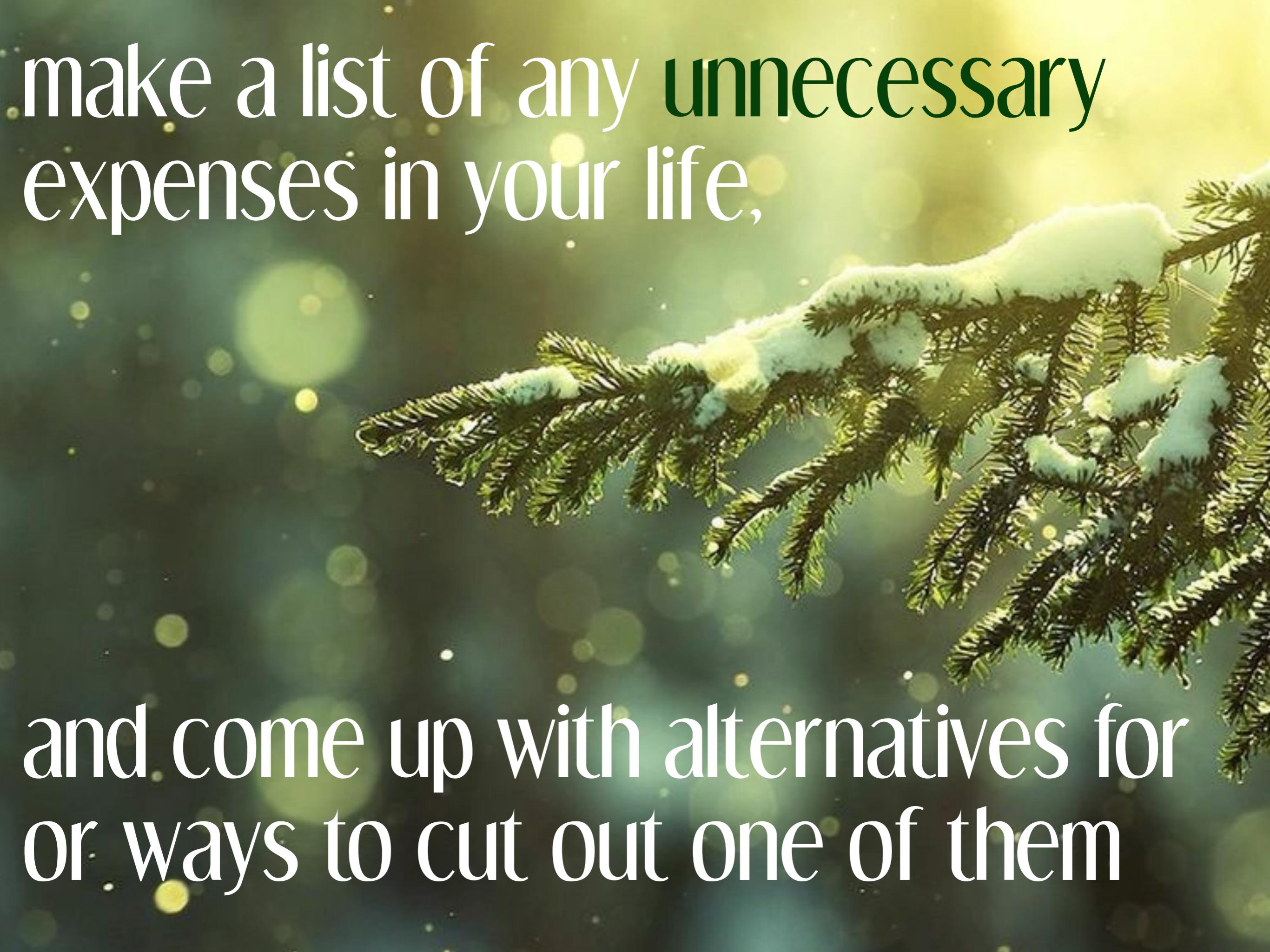
talk to someone from a different
team about what they're currently
working on

A scenic coastal landscape featuring large, dark rock formations rising from the ocean. The water is a deep blue, with white-capped waves crashing against the rocks. The sky is clear and blue. In the foreground, there's a sandy beach area.

make a list of all the things in
your life you're grateful for

A landscape photograph showing a sunset or sunrise over a body of water. The sky is filled with warm, orange and yellow hues near the horizon, transitioning into a darker blue-grey at the top. A few small, bright stars are visible in the upper portion of the image. In the distance, dark silhouettes of hills or mountains are visible against the lighter sky.

**ANYTIME YOU GO TO
GET JUICE, COFFEE,
TEA OR ANYTHING
FROM THE KITCHEN
TODAY, DO A PUSHUP,
JUMPING JACK OR
SIT UP FIRST.**



make a list of any unnecessary expenses in your life,

and come up with alternatives for or ways to cut out one of them



Share a fun
fact about
yourself with
the people
sitting near
you.

fun fact:
a fact about that is interesting, unique or outright weird.



STEP 1:
INSTEAD OF A “TO
DO” LIST TODAY,
EVERY TIME YOU
ACCOMPLISH
SOMETHING PUT IT
ON A “TA DA” LIST.

STEP 2:
REVEL IN YOUR
AWESOMENESS

*Think of someone you love. Shoot
him/her a text, call or let them
know in person that you love them.*

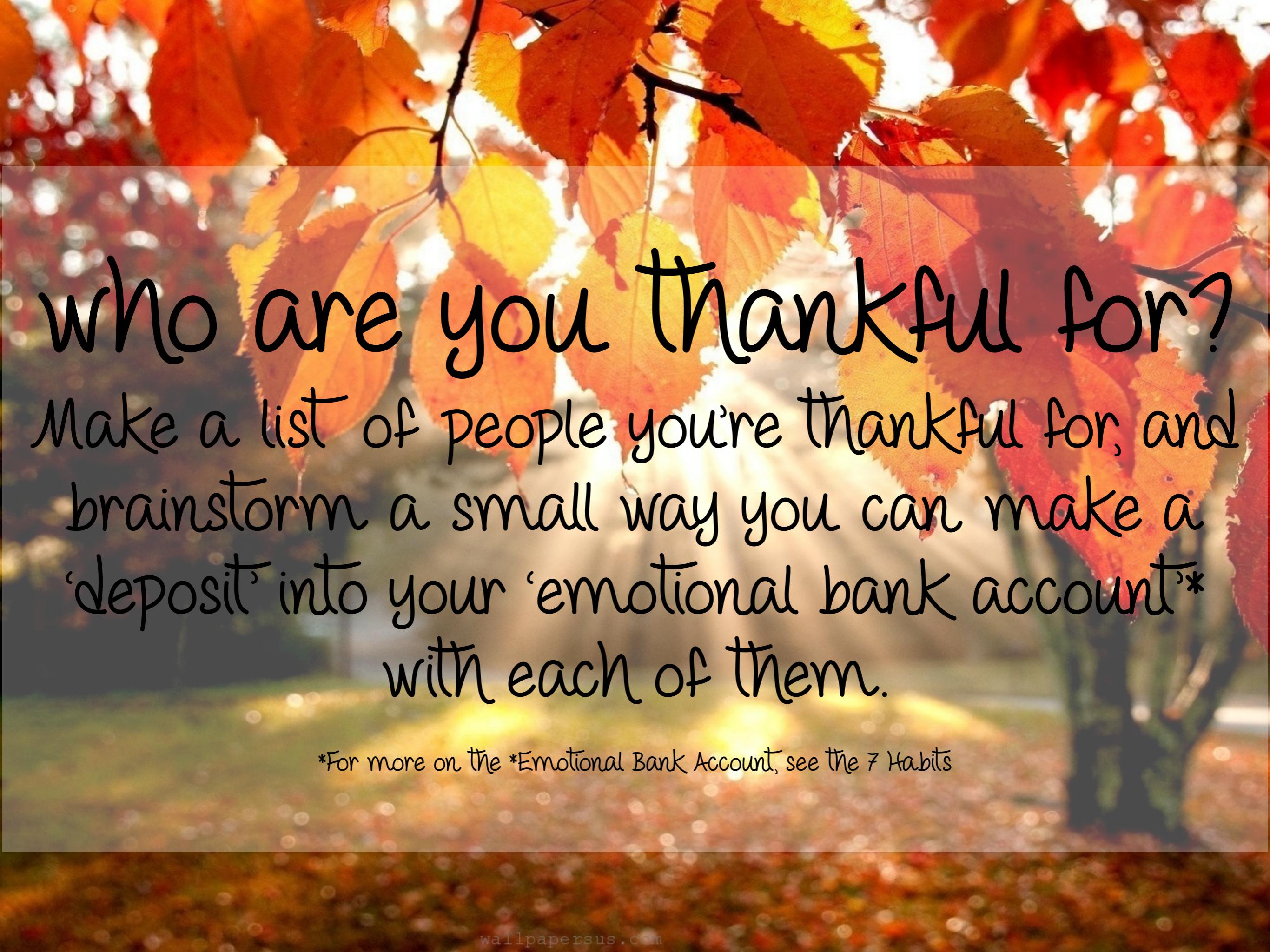




perform
a random
act of
kindness
at work
today

A large, powerful waterfall cascades down a steep, green, mossy cliff face. The water falls from a high vantage point, creating a massive spray at the base. The cliff face is covered in lush green vegetation and moss. Below the waterfall, a dark blue pool of water is visible, surrounded by more greenery and rocks. The overall scene is one of natural beauty and power.

**SPEND 5
MINUTES (OR
MORE)
READING THE
7 HABITS!**



who are you thankful for?
Make a list of people you're thankful for, and
brainstorm a small way you can make a
'deposit' into your 'emotional bank account'*
with each of them.

*For more on the *Emotional Bank Account, see the 7 Habits



GET A FEW
MINUTES OF
SUNSHINE.



Today, give
thanks for
yourself.
Think about
a quality of
yours you
love, and
give thanks
for it.

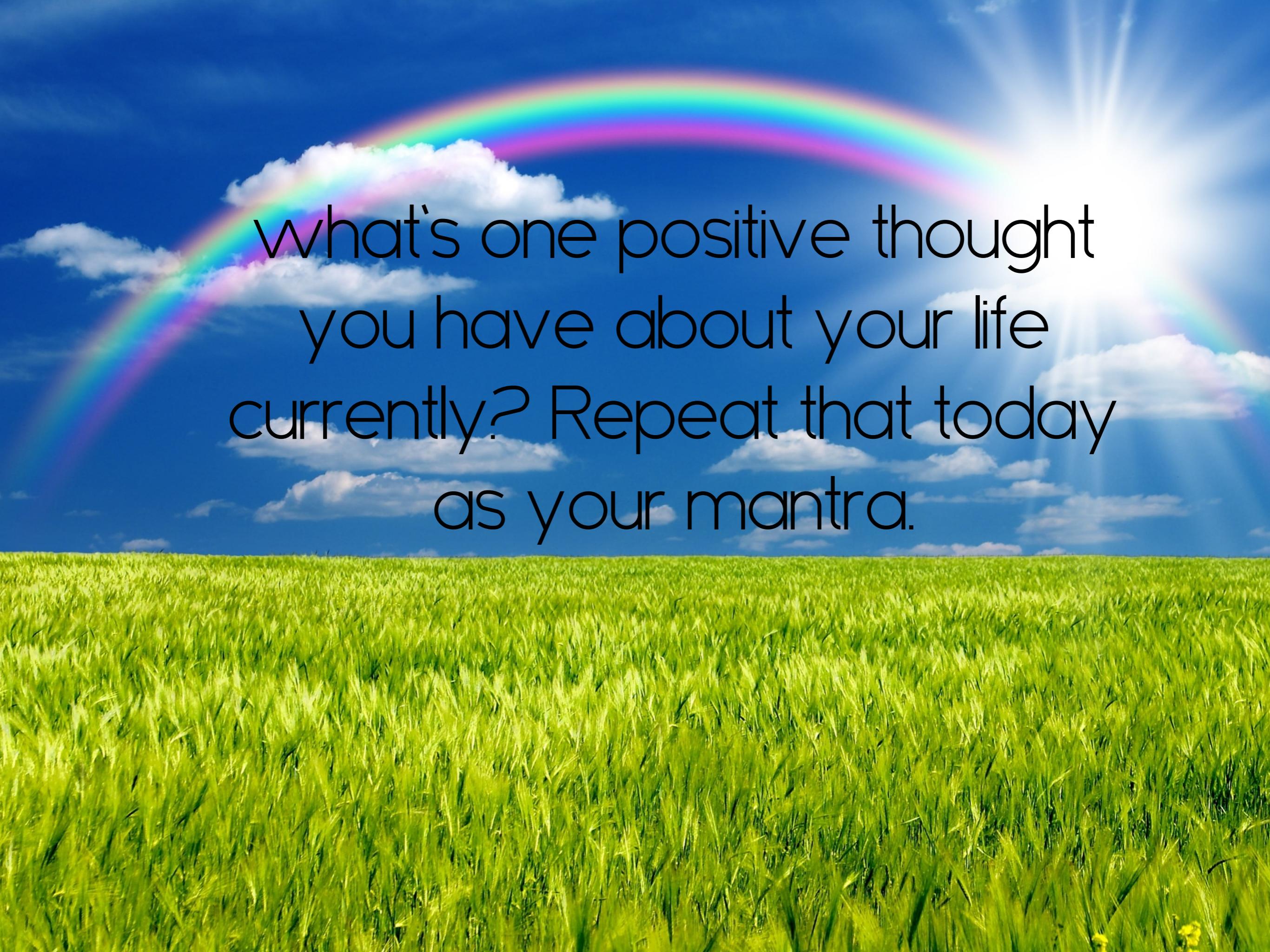




*drink a glass of
water before
every meal.*

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*it may sound silly, but
just one glass can up
your energy, beautify
your skin, and help
your body feel more
balanced.*



what's one positive thought
you have about your life
currently? Repeat that today
as your mantra.

LOOK AT THE PREVIOUS MICRO
CHALLENGES AND DECIDE IF THERE ARE
ANY HABITS THAT YOU WANT TO
INCORPORATE INTO YOUR EVERYDAY LIFE.

CONGRATULATIONS!